

Year 10 Wellbeing, Health, Awareness and Management (WHAM)

Semester 2 Course Outline

This semester is centered around preparing students for life beyond High School. Early in the semester, students will focus on risk taking, decision making and evidence based information around drugs and harm minimisation. Following this, students will shift focus on transitioning from High School. Themes around study and organisational skills; preparing for employment and first aid will be explored. Students will reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts.

The Personal and Social Capabilities focus for this semester include:

- Reflect critically on their emotional responses to challenging situations in a wide range of learning, social and work-related contexts.
- Assess their strengths and challenges and devise personally appropriate strategies to achieve future success.
- Propose, implement and monitor strategies to address needs prioritised at local, national, regional and global levels, and communicate these widely

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- HEALTH (1080) - Evaluates the outcomes of emotional responses to different situations.
- HEALTH (1081) - Accesses, synthesises and applies health information from credible sources to propose and justify responses to health situations.
- HEALTH (1085) - Applies decision-making and problem-solving skills when taking action to enhance own and others' health, safety and wellbeing.
- WORKS STUDIES (10.1122) - Synthesises increased self-knowledge and career information to school and career based decisions and creates potential career scenarios.

Student progression in Self-Management and Self-Awareness Elements will also be reported through the following:

- Recognises and expresses emotions appropriately
- Manages time effectively
- Collaborates with peers
- Demonstrates respect for others

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Classwork	Ongoing
Wellbeing Assessment	Term 3, Week 2
Individual Creative Response - Vaping	Term 3, Week 9
The Next Chapter - Future Ready Portfolio	Term 4, Week 4

*Due dates are an estimate only

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